

James River Senior Citizens Center Inc.

Office: 701-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriverseniors@gmail.com

Website: www.jamesriverseniors.com

JRSC STAFF

Receptionists: Dennette

Event Coordinator: Colten

Outreach Coordinator: Kathy

Transit Billing: Glen - Kathy

Transit Drivers: Jeff, Glen, Les, Larry, Dwight, Jim

John E, Ron, John F, Julius, Randy, Roxanne,

Roger, Luciana, Jeffery, Gerald, Jake, Mike, Matt

Transit Dispatchers: Luciana, Kathy, Kelley, Nita, Dave

Fleet Manager/Sales: Glen

Kitchen Staff: Rhonda, Nathan, Paulette

Gardenette Site Manager: Paulette

James House Site Manager: Carol

Housekeeping: Ryan Admin Assistant: Kelley

Maintenance: Jay

Office Manager: Rhonda Director: Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is committed to compliance with Title VI of Civil Rights Act of 1964 the Civil Rights Restoration Act of 1987.

James River Senior Citizens Inc. assures that no person or groups of persons shall, on the grounds of Race, Color, Sex, Age, National Origin, Disability/Handicap, and Income Status, be excluded from participation in, be denied the benefits of, or be otherwise subjected to

discrimination under any and all programs, services, or activities administered by

James River Senior Citizens Inc.

Director: Maureen Wegenke

James River Community Center, Inc.

PO Box 1092 Jamestown, ND 58402-1092

(701) 252-2882



ADVERTISE HERE!

Your Information will
be Sent Through Mail, Email and
Internet! Call 701-252-2882 for
More Information

SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of March 2026

Home delivered Meals: 2006

Congregate: 690

Transit Rides: 3379

Transit Miles: 12,891

James River Senior Citizen's Center, Inc.

Board of Directors hold Board Meetings on the 4th Monday of every other month at 11:00 am. You are welcome to attend these meetings. Please let the receptionist know if you plan to attend, and we will make sure there is a meal available for you and put you on our Agenda. If you have any questions, please contact Director Maureen Wegenke, or Rod Olin, President of the Board.

2025-26 Board of Directors

President— Rod Olin

Vice-President— Deb Lee

Secretary/Treasurer— Sue Corwin

Directors: Tom Geffre, Linda Misemer, Jim

Boatman & Joan Morris

SENIOR HI-LITES

May 2026

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.

PO BOX 1092 JAMESTOWN ND 58402-1092

www.jamesriverseniors.com 701-252-2882

We're On Facebook Too!

Published
Monthly

WE'VE MOVED!

By the time you read this, we are officially settled into our new home! On April 27th, we closed our doors at the old location and began the exciting process of moving into our new building. We were temporarily closed through April 29th as we got everything up and running, and we're thrilled to now be welcoming you into our new space.

This move marks an incredible milestone for the James River Senior Center & Public Transit, and we couldn't have done it without the amazing support of our community.

We also want to extend a heartfelt thank you to everyone who contributed to our previous wish list. Your generosity was overwhelming, and many of those needs were met in a very short time—something we are truly grateful for. As we settle into the new building, we've created a new wish list with a few remaining items to help us finish making the space feel like home.

Looking ahead, we hope you'll join us for one of our favorite annual events! Our **6th Annual Summer Fun Meat & Basket Raffle** will be held on **May 12th from 6:00-8:00 p.m. at Club 1883**. It's always a fun evening, and a great

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CLASSIC CATERING

JRSC FEATURED SERVICE



We Cater Any Size Event In-House or Deliver to Your Location

- Brunches, Lunches, Dinners
- Family Reunions
- Birthday Celebrations
- Weddings
- Holiday Events
- Anniversaries
- Graduation Parties
- Business Meetings & Training Sessions



For More Information
Call 701-252-2882
Or Visit Our Website:
www.jamesriverseniors.com

James River Senior Center, Classic Catering, and James River Public Transit
Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday
OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities: - Please RSVP @ 701-252-2882

- Mondays –Thursdays - Exercise with Colten- 10:00 a.m.
- Mondays - Tech Questions with Colten - 1:30 p.m.
- Wednesdays - Bingo - 1:00 p.m.
- Fridays - Game Day Exercises - 10:00 a.m.
- Tuesdays & Fridays - Pinochle - 1:00 p.m.
- 1st Mondays - Come Celebrate Your Birthday - 12:15
- 3rd Mondays - Technology with Mary Reed—12:30
- 4th Wednesdays- Legal Aid - 1:00 p.m.
- 2nd Thursdays - Master Gardener Class - 2 p.m.
- 3rd Thursdays - Memory Café 1:00 p.m.
- 4th Thursdays- Movie - 1:00 p.m.
- 2nd Fridays - Craft Day - 1:00 p.m.

THURSDAYS ARE
FREE POPCORN
DAY!

For Our May 2026 Activities & Menus Please See Insert

Continued from Page 1

way to support our programs.

Thank you again for being part of this exciting new chapter—we can't wait to see you in our new space!

As we've settled into our new building, we've identified a few additional needs to help us complete the space. All donated items will be recognized with your name as a donor.

If you'd like to help, we are currently seeking support for the following items:

- Garbage Disposal - \$360
- Popcorn Machine - \$350
- Outdoor Furniture -\$1,200
- Room Dividers -\$500

We are incredibly grateful to those who have already stepped up and fulfilled items from our previous wish list—your generosity has made a tremendous impact!

If you would like to contribute toward any of the items above, please call us at 701-952-7900 or email: jamesriverseniors@gmail.com. Thank you for helping us make our new building feel like home!

TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. - 6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. - 4:45 p.m.

Friday: 7:30 a.m. - 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m.-12:00 p.m.

Fake Push Notifications: What Medicare Beneficiaries Should Know

What Is a Push Notification? A push notification is a short message that pops up on your phone, tablet, or computer screen. Many trusted organizations use them to send helpful updates.

Examples of Normal Push Notifications

- News apps send alerts about breaking news.
- Social media apps like Facebook or Instagram notify you about messages.
- Stores may tell you when an item ships or when there is a sale.
- Banks use them to confirm a payment or to send a code to make sure it's really you.

How Scammers Use Fake Notifications

- Scammers send **fake alerts** that look like they come from a trusted group.
- They may pretend to be from your bank or government programs like Medicare, Social Security Administration, or the Internal Revenue Service.
- The message often tries to scare you so you will act quickly.

Examples of Scam Messages

- "Your account is not secure. Click here to fix it."
- "We saw unusual activity. Verify your identity now."
- If you click the link, it may take you to a fake website.

Warning Signs of a Fake Notification

- You receive an unexpected alert you were not expecting.
 - The message uses urgent words like **Urgent, Action required, Warning.**
- The message says "Dear User" instead of your name.



JAMES RIVER PUBLIC TRANSIT PRESENTS THEIR 6TH ANNUAL



“SUMMER FUN”



BASKET & MEAT RAFFLE

CLUB 1883'S BINGO

May 12, 2026

6 p.m. - 8 p.m.

At Club 1883



Join us for a night of fun and prizes!

North Dakota Senior Meals - Good Nutrition For Healthy Living

People age 60 or older and their spouses are eligible to eat at Senior Meal Sites (Center I, & Streeter) Others eligible for Senior Meals are individuals with disabilities under age 60 who reside in a housing facility primarily occupied by older individuals where there is a Title III meal site (Gardenette, Center I, Jameshouse): individuals under the age of 60 with disabilities residing with an eligible client in a non-institutional household; and volunteers, who are under 60, providing meal services during meal hours. Individuals under age 60 who do not meet this criteria must pay full cost of service. Senior Meals are an affordable way to help maintain your health. The full cost to provide a Senior Meal is: \$12.98. A limited amount of Older Americans Act and state dollars are available to help cover some of the program costs. The suggested voluntary donation for a meal is \$4.00. Please contribute what you can. Meal tickets or envelopes will insure your confidential contribution. Dakota Electronic Benefits Transfer (EBT) cards are accepted. No eligible individual will be denied a meal due to inability or unwillingness to contribute.

Reminder to our Senior Meal Participants

If you receive Home Delivered Meals and this is the month that your 1 year Registration is due, you will receive a phone call from Kathy Evenson that it is time for her to come see you in your home and update all of your information.

If you are a person that eats at one of our Congregate meal sites such as the Gardenette, Center I, Jameshouse, Medina or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Kathy Evenson. She will catch up with you at lunch time or on a supper night. She will stop at your meal site.

The meal registration is painless, takes a short amount of your time and it is required under the guidelines of the Older American's Act. Thank you for your cooperation. Nutrition Staff of James River Senior Citizens.



Are You Lost With Today's Technology & Scams?

Answers by Mary

Brought to You by AARP

- Got a new phone and not sure where to start?
- Kids and grandkids all on Facebook and you want to keep up?
- Want to know how to stop those annoying robocalls?
- Wondering which messages are scams and which are real — and how to tell the difference?
- Is paying bills online really safe?

Bring these and any other questions you have!
Every 2nd Monday of the month at 12:30 in the Café at 1009 13th St NE

RSVP not required but appreciated.

Call 701-252-2882



MAY CRAFT

Watch our Facebook Page to reveal May's Craft



May 8, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating & materials

701-252-2882



WHAT? ...Oh—We Said It's Time for a Hearing Check!

If "What?" has quietly become your go-to response, you're in good company. Maybe the TV volume has been inching up (just one more click... again), or conversations in restaurants feel more like a guessing game than actual listening. If you've ever nodded along hoping context will fill in the blanks—you're definitely not alone.

Here's the thing: hearing changes tend to happen gradually. So gradually, in fact, that most people don't notice right away. Instead, it shows up in small ways—missing parts of conversations, asking people to repeat themselves, or feeling more tired after social gatherings because listening takes extra effort.

The good news? Your hearing might just need a little attention—and taking that first step is easier than you think.

A hearing check is a simple way to understand what's really going on. Whether everything is right where it should be or there are a few changes, having that knowledge puts you back in control. It's not about jumping to conclusions—it's about getting answers.

And let's be honest—life sounds better when you're fully part of it. The punchlines land better. Conversations feel easier. You don't have to rely on subtitles quite so much. And you can spend less time saying "What?" and more time actually enjoying the moment.

Many people put off getting their hearing checked because they think it's not "bad enough" yet, or they assume it's just part of getting older. But your hearing health is just as important as any other part of your overall well-being. Checking in now can make a big difference down the road.

So if something has felt a little "off," trust your instincts. Even if you're just curious, it's worth taking the time to find out where you stand.

Life is full of important sounds—laughter, conversations, music, and all the little moments in between. Don't miss out on them.



**Call today to schedule your appointment.
800-441-1431**

Services

Foot Care Clinic

Most Wednesday's of every month Central Valley Health Unit Nursing staff will provide foot care. The exam includes brief foot soak, toenail and fingernail trim and file, and moisturizing. The suggested donation is \$40.00 for this service. Services for 60 and older. No one is denied services because of inability to pay.

Every Wednesday (no 5th Wed)
9:00 am—11:00 am

Foot Care
Appointment necessary
**To make an appointment for your
foot care call
Central Valley Health @ 252-8130**



Legal Services



If you are in need of legal services please call 252-2882 to schedule your appointment. Legal Services come from Fargo once a month on the 4th Wednesday of each month.



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$10.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes, shower seats.

One time rental fee of \$20.00 for wheelchairs & knee scooters.

If you're unable to pick up medical equipment, we can deliver for a fee of \$5.00 within city limits. If you move out of town/state, please return our equipment. When you're done with equipment please clean equipment and return it.

In need of donations of used hearing aids & other loan equipment.



**We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.

Senior Companions Program

**Home visits for lonely, homebound seniors in Stutsman Co.
Provided by senior volunteers.**

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

**Contact Kathy (252-2882)
to learn more about this free program.**



Submitted by Luella Morehouse, Stutsman County EFNEP Nutrition Educator

Move Your Way in May

The weather is getting warmer, so you may be inclined to get more physical activity and enjoy the greenery and flowers outdoors. Moderate physical activity strengthens your bones and muscles and reduces your risk for diabetes, heart disease and cancer. May has been National Physical Fitness and Sports Month since 1983.

Can you think of four more reasons to get more physical activity? Regular physical activity can help boost your mood, sharpen your mental focus, reduce stress and improve your sleep.

How much moderate physical activity do adults need to reach their goals?

Any amount of physical activity can have near-immediate health benefits. Aim to move more and sit less.

Adults should strive for at least 150 minutes of physical activity every week, or about 30 minutes on most days of the week. That can include walking, gardening, mowing with a push mower, riding bike, swimming, playing sports such as pickleball and tennis or any activities that get you moving. Adults should also do muscle-strengthening activities twice a week, such as push-ups or lifting weights.

How can I safely add physical activity to my life?

Reduce the risk of injuries and other adverse events with these recommendations from the most recent physical activity guidelines:

Choose types of physical activity appropriate for your current fitness level and health goals.

Increase physical activity gradually over time to meet health goals. Inactive people should “start low and go slow” by starting with lower intensity activities and gradually increasing how often and how long activities are done. Start with a five-minute walk.

Understand the risks, but be confident that physical activity can be safe for almost everyone.

Protect yourself by using appropriate gear and sports equipment, choosing safe environments, following rules and policies and making sensible choices about when, where and how to be active.

Be under the care of a health care provider if you have chronic conditions or symptoms.

Set a fitness goal in May: _____

See www.cdc.gov/physical-activity-basics/guidelines to learn more.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, NOURISH newsletter, Issue 88. For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.

JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.

Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper Night. **From Home to Meal Site, Meal Site to Home ONLY.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City	Loading from JRMC/CLINICS
8:20 am	8:30 am
9:20 am	9:30 am
10:20 am	10:30 am
11:20 am	11:30 am
12:20 pm	12:30 pm
1:20 pm	1:30 pm
2:20 pm	2:30 pm
3:20 pm	3:30 pm

Call 252-7888

Times are Approximate

Walmart Riders

Watch for the bus at these times:

MONDAY THRU FRIDAY

**8:40 am — 9:40 am — 10:40 am—
11:40 am—12:40 pm—1:40 pm —
2:40 pm and 3:50 pm**

**Pickup Locations Change
Often so Ask Dispatcher and
Watch for the Bus.**

Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

**Please Schedule your Medical
appointments between 10:00 —2:00**

Charge is 40.00 round trip, escort free

***If you are ND Medicaid eligible, you
must be pre-approved for out-of town
service***

Must Schedule Ride 24 hours in Advance
(By 12:00 noon day Prior)

**Please call 252-7888 to schedule
your ride.**



Save the Date!!!

6th Annual Summer Fun Meat & Basket Raffle along with Club 1883's Bingo

May 12th 6pm to 8pm at Club 1883



HAPPY BIRTHDAY!

If you are 60 or over & you have a birthday this month, join us the first Monday of the month at 12:15 for cake & ice cream. Put your name in for a prize.

Come this month & try your luck, or just enjoy some birthday cake!

WOULD YOU LIKE TO HELP THE SENIORS IN YOUR COMMUNITY BUT CAN'T AFFORD DIRECT DONATIONS?

If you have been wanting to help out the James River Senior Center & Public Transit but just don't have the funds, designate your clothes/items donated to **Bufftown Bargains**, located at the old O'Reilly's - 810 18th St SW., to us and we will receive a percentage. Thank you!

Daily Bread Program

Serves People in Need of Food

Food Locations:

- **St. John's Lutheran Church,**
424 1st Ave South
- **James River Senior Center,**
1009 13th St NE
- **Gardenette**
1321 Gardenette Drive
- **Ave Maria Nursing Home**
801 19th St. NE
- **Most Public Schools**
- **First United Methodist**
115 3rd St SE
- **St Paul's Methodist Church**
1000 5th Ave NE

May We Remember!

S M H H X T H W R X S U G I F
M N I X E P O M F E R Y L G G
O K A L C R N M P G P R X S I
N S D R I C O I E T U B I R T
D E I D E T R E R N J U E A R
A T O D S T A R S H B M M T P
Y I F Y S G E R D K E E Y S F
Z S Z A C K A V Y M C R J L M
S E R V I C E L B I E V O X X
E V D O J E Q R F V G W E L V
I A O P L M A I A V E O C G P
P R L A B N R R J R E C C B J
P G Q R C C B I S H T A E R W
O S M E A F R E E D O M I D R
P G K S M F P L I B E R T Y R

bravery
freedom
honor
Monday
sacrifice
stripes
wreaths

flags
gravesites
liberty
poppies
service
tribute



flowers
heroes
military
remembrance
stars
veterans





Flexible, Full & Part Time Transit Drivers

Retired? We have a great set up for you. Pick your days - earn some extra cash.

For more information and to apply, contact:

James River Senior Center & Public Transit
jamesriverseniors@gmail.com

Or go online at:

<https://jamesriverseniors.com/career-and-volunteer-opportunities/>

James River Senior Center
Home Delivered Meals
1009 13th St NE
NEW LOCATION

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ◆ Brunches, Lunches, Dinners
- ◆ Family reunions
- ◆ Birthday celebrations
- ◆ Weddings
- ◆ Holiday events
- ◆ Anniversaries
- ◆ Graduation parties
- ◆ Business meetings & training sessions

JRSC also has Rooms Available For Your Occasion; Big or Small.

For meetings we can provide:

- ◆ LCD projector
- ◆ Microphone
- ◆ Large screen

Classic Catering and Party Event Planning contact:
Rhonda or Maureen
252-2882



April DONATIONS



- Jim Boatman
- Wayne Docktor
- Joanne Etter
- Deanna Hardtke
- Veron Herman Family
- Virgil Kuhn
- Marvin & Joan Lee
- Alvin & Jean Humes
- Gail Marsolek
- Carol McCoy
- David & Stacy Muhs
- William & Suzanne Parries
- Michael Rudy
- Eunice Hauck Sahr
- Sanford Equipment
- Anita Scholz/Amy Neustel
- Larry Thoreson
- Jerome Veil/Thrivent
- Jon Tuttle
- Paul Weber
- Vets Club Trust



Eichler

HEARING CENTER

Get your hearing tested
in Jamestown!



1008 10th St. SE
Call 1-800-441-1431 to schedule
an appointment

MEMORIALS:

Hollie Wegenast Emo
In Memory of
Patti DeBuck

Shelly Molstad
In Memory of
**Stella Mostad, Jack Geske
& Don McDonald**



How To Spot Medicare Scams

For older Americans, fraud can feel like a threat that is everywhere and hard to escape. Medicare scammers often use phone calls to find people, but they may also contact them by email, text messages, or mail. Another type of scam to watch for are artificial intelligence (AI) scams. AI scams are increasing, and right now they can be very hard to spot. Medicare scams can happen to anyone!

Warning signs of a Medicare scam:

- Promises of free services or supplies. Be careful of offers saying something is free.
- Pressure to change your Medicare plan. Someone may call and say you are “pre-approved” for a new plan.
- Notice of a new Medicare card. A scammer may call and say you need to activate, renew, or update your card.
- Threats to cancel your coverage. You may get a call saying there is a problem with your Medicare account, and they need to cancel your plan.
- Claims that you can get a refund. A scammer may say you can get money back. They may ask for your Medicare number, and even bank account information.

Protect yourself from Medicare scams:

- Only share your Medicare number or Social Security number with your doctor, pharmacy, or trusted Medicare helpers.
- Do not be afraid of threats to cancel your benefits, and do not talk to anyone who tries to pressure you to pick a certain plan.
- Do not reply to emails or text messages you weren't expecting, and do not click on any links in them—even if they look real.
- Do not talk to anyone who says they are from Medicare and tries to make you pick a certain plan. Medicare does not recommend any one plan.
- Do not accept genetic testing kits you didn't ask for. If your doctor didn't order it, refuse it or send it back.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: National Council on Aging (NCOA). (2025, February 24). *5 warning signs of a Medicare scam—and how to protect yourself*. Medicare.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

Like us on Facebook: North Dakota Senior Medicare Patrol



James River Senior Center & Public Transit
Building Fund

Enclosed is my gift of \$ _____

In Memory of: _____

In Honor of: _____

(Name of person memorialized or honored)

Donor information:

Name _____

Address _____

City _____ State _____ Zip _____

Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401

Or go to: www.jamesriverseniors.com and pay using PayPal, Visa, MasterCard, Discover).

Memory Cafe'

Do you or a loved one have memory loss? Join us for a heartfelt conversation and meaningful connections at the Buffalo City Memory Cafe! Come and enjoy Coffee, Snacks and Build New Friendships.

3rd Thursday of Each Month

1:00 - 2:30 p.m.

James River Senior Center

1009 13th St NE

For More Info Contact:

Nicole (701-253 - 6396)

Maureen (701-952-7900)

